

Bully Workbook

Instructions. *You have been given this bully workbook because we know that you were involved in a bullying incident. Your school does not accept bullying and they will see to it that it comes to an end. You have been told to complete this package to help you to stop bullying. You must complete this package to the best of your ability and return it to _____. If it is not complete or it is obvious that you have not done your best, you will be required to redo it. Please do it right the first time.*

I. THE INCIDENT

What kind of relationship do you have with the person (the “target) you are accused of _____? (Friend, enemy, classmate, family member)

Do you usually hang out with that person?

How do you think the other person felt during the incident?

Do you think of that person as weaker than you?

Who did you affect (besides yourself) by your behavior (friends, family members, teachers, classmates)?

Would you want to make things better with those people?

What things could you do now to make things better with the people that you have affected by what you did?

II. BULLYING

Bullying is when one person or a group of people target another person to hurt that person's feelings or their body. It is different from a fight because in bullying the people do not have equal power. The target is upset, while the bully is calm and chooses not to care. The bully often thinks it is fun. It is often repeated. There are four types of bullying:

1. Physical - hitting, kicking, pushing, damaging property etc.
2. Verbal – calling names or threatening in person or by computer or phone
3. Social – leaving out, spreading rumors, mean gestures or looks
4. Sexual – touching or making remarks about private parts or sexual orientation

Have you seen or heard about a time when somebody else bullied a kid at your school? _____ Describe the incident you saw or heard about, but do not give names:

What type of bullying was it?

Physical _____ Social _____ Verbal _____ Sexual _____

How do you think the target felt?

How do you think the bully felt?

Why do you think it was bullying instead of a fight or horseplay?

III. THINKING

Even though our actions are what we get punished for, it is our thoughts that create the trouble in the first place.

Thinking Quiz

Next to each statement write **SA** for strongly agree, **A** for agree, **D** for Disagree and **SD** for strongly disagree.

- _____ In most difficult situations I'm in, someone else caused the problem.
- _____ I couldn't have done anything differently to prevent this.
- _____ The other person deserved to be treated that way.
- _____ I don't hurt other people's feelings.
- _____ It is ridiculous for people to get so upset if I say mean things to them.
- _____ Before I act, I think about how the other person must be feeling.
- _____ I hate doing boring things and refuse to do them most of the time.
- _____ If a person doesn't give me what I want I will take it.
- _____ People should trust me, but I don't usually trust them.
- _____ Usually when I think something is going to happen, it does.
- _____ If things don't happen as I expect, I get very angry.
- _____ Before I make a decision about what to do, I make sure I have all the facts.
- _____ I make quick decisions, based on my feelings at the time.
- _____ I often refuse to back down even on little points.
- _____ When I think of my future, I have thoughts of tremendous success, but I don't often think about the steps I need to take to achieve it.
- _____ I hate being anything less than #1.
- _____ When people criticize me, I don't let it bother me, but either ignore it or learn from it.
- _____ I am never afraid.
- _____ I am tough, fearless and strong.
- _____ I like to control other people with my anger.
- _____ Weak people don't deserve respect.
- _____ I don't get mad, I get even.
- _____ I sometimes use threats, intimidation, or sarcasm to deal with people.
- _____ I feel good when I overcome or have power over other people.

Look back at the last page. If you wrote A or SA next to #6, #12 or #17 that is good, these thoughts won't get you in trouble. If you wrote A or SA next to any of the others, that can cause you problems in your life.

IV. THINKING CHART

Now, read the incorrect thinking side of this chart and circle the numbers that fit you:

<u>INCORRECT THINKING</u>	<u>CORRECT THINKING</u>
1. I am proud that I don't make mistakes. My point of view is the right point of view.	1. When I make mistakes I try to learn from them. Sometimes I'm wrong.
2. I don't owe other people, they owe me.	2. I am thankful that many people have helped me, and I would like to repay them.
3. I get really upset if someone puts me down, or things don't go my way.	3. I learn from criticism that is helpful. I want my friends to be honest with me.
4. Fear is a weakness, so I am never afraid.	4. I know and accept my fears and try to overcome them. Everyone has fears.
5. I get angry when I don't get my way and sometimes use my anger to get my way.	5. I see and accept other people's weaknesses and opinions so I am patient.
6. I feel great when I have power and have control over other people to get my way and win. I love being a "top dog".	6. I don't use power to control others. I earn power through good work and use it only to help people, never to hurt them.
7. I don't trust other people, but they should trust me.	7. I know that trust must be earned and takes time to grow.
8. I make decisions quickly based on how I feel at the moment.	8. I look carefully at facts before I make a decision.
9. I do what I want to get what I want now and don't think about the future.	9. I think ahead step by step to work things out for my future.
10. I am good at things quickly without trying, and hate being less than #1.	10. Success takes time and comes in stages, not all at once.
11. Someone else causes me to act the way I do.	11. I am responsible for what I do and say.
12. I say "I can't" when I don't want to do something.	12. I accept that if I refuse to do something, there may be consequences.
13. I don't hurt other people; they just claim their feelings are hurt.	13. I know that what I do or say can hurt others, including their feelings.

<u>INCORRECT THINKING</u>	<u>CORRECT THINKING</u>
14. I hate having to do boring tasks, or hard work, so I look for an excuse not to.	14. Life is not all fun and instant rewards; sometimes I have to do boring or hard work.
15. I hate rules and “must-dos” and refuse or ignore them.	15. Everyone should play by the rules and do the things that must be done.
16. I watch out for myself and always try to get my own way.	16. With other people, I try to be fair, to give and take, and I respect their property and their boundaries.
17. I don’t care if I hurt someone’s feelings. Life is a game that I want to win	17. I don’t want to hurt others because I can imagine how they must feel.

*

Now go back and read the Correct Thinking side of the chart and circle the ones that apply to you.

The ones on the Correct Thinking side are the opposite of the ones on the Incorrect Thinking side. Which number on the Incorrect Thinking side do you think you have the most trouble with? ____

Copy the correct thinking across from that Incorrect Thinking, so you will remember to work on it:

* *chart based on research of Stanton Samenow as set forth in Bully Proofing Your School*

V. YOUR THOUGHTS DURING THE INCIDENT

What did you see or hear just before you did something that got you into trouble?

How many people did you tell what you were going to do or say?

How many of your friends saw what you did or were part of it? (no names please)

What did you think but not say?

At the time, did you think what you did was funny?

Did some of the people who saw it laugh?

Did the target seem to be: (check those that apply)

Sad	Angry	Other_____
Depressed	Scared	
Crying	Lonely	

How did you pick your target?

Do you think the target is less well-liked by other kids than you are?

How did you feel about the target during the incident?

How did what you think of the target make you feel?

What did you do?

What thinking led you to choose that behavior? Look back at the chart and choose 2 incorrect thinking numbers to write here.

_____ and _____.

VI. CORRECT THINKING

A. There are several things that you could have thought about that would have helped you to NOT do what you did. Please answer these questions:

Did you think of the consequences before you acted (remember if anything can go wrong, it will)? _____Yes _____No

Did you think about how similar actions by yourself have hurt others or yourself in the past? _____Yes _____No

Did you care about how it would make the other person feel?
_____Yes _____No

Did you think about how it would make other people you care about feel?
_____Yes _____No

Did you think about whether your action was right or wrong?
_____Yes _____No

B. Maybe you thought things that made you want to do the WRONG thing. Please answer these questions:

Did you think it was fun or exciting?
_____Yes _____No

Did other people gather around to watch, so you thought about impressing them or making them laugh by picking on the other person?
_____Yes _____No

Did you remember how easy it was and how much fun it was to do similar things in the past?
_____Yes _____No

Did you feel that you always “win” in situations with that other person?

_____Yes _____No

Did you think the other person was pretty weak or worthless?

_____Yes _____No

C. *You probably did what you did to get something that you value.*

What were you trying to get for yourself?

_____ attention	_____ status	_____ an object or money
_____ power	_____ excitement	_____ group membership
_____ respect	_____ fun	other _____

Did you get the thing or things of value that you were trying to get?

Why was this so important for you to get?

How did you want the other person to feel?

_____ weak	_____ insulted	_____ hurt
_____ scared	_____ small	_____ humiliated
_____ shame	_____ disgusting	_____ Other: _____

Did you hold back so as not to hurt this person too badly? _____ If so, how?

Is there anything else you could have done that would have kept your reputation as you want it, but would not have hurt the other person?

How would you feel if you had done something else, something that did not hurt the other person, instead of what you did?

Which of these thoughts might have helped you to feel differently and not to behave as you did?

Check the ones that fit:

- ___ I could have stopped and chosen to care about how my actions might harm others.
- ___ I could have stopped and chosen to care about the bad effect my actions would have on myself, witnesses, my parents and the entire school.
- ___ I could have looked for the facts, and waited before judging instead of jumping to a conclusion.
- ___ I could have tried to be open to other people's personalities and differences.
- ___ I could have realized that I was expecting too much from others, so that I would be able to accept less from them.
- ___ I could have ignored insults that were wrong, or learned from criticism that was right.
- ___ I could have accepted my fear, and tried to overcome it, or used it to learn
- ___ I could have realized that nobody is worthless, inferior or undeserving of respect.
- ___ I could have controlled myself instead of trying to control somebody else.
- ___ I could have stopped and remembered that I have no right to exclude, bar, isolate or segregate others from having someone to be with, because I don't find them worthy.
- ___ I could have been more realistic about the world, so I would not have been so angry when things weren't going my way.
- ___ I could have looked for power through doing good things instead of by trying to control other people.
- ___ I could have reminded myself that I am no better or worse than other people.
- ___ I could have looked for the genuine value in the other person.
- ___ I could have accepted the other person's weaknesses, because I have weaknesses too.
- ___ Other: _____

What could you have done instead of what you did? (Check answers)

- ___ Earned power by earning trust
- ___ Treated others with respect
- ___ Walked away from trouble
- ___ Asked politely for what I wanted
- ___ Followed the rules
- ___ Thought before I acted
- ___ Chosen to care
- ___ Done something positive to get attention
- ___ Done something funny that didn't hurt anyone

Other? _____

What were the good choices and what were the bad choices in how you acted?

Good Choices:

Bad Choices:

VII. CONTEMPT

A. Contempt is a feeling of dislike toward someone else because you think they are worthless, weak or undeserving of respect.

In this incident did you feel that somebody was pretty worthless except for what you could get them to give or get for you, or the reaction you could get?

The opposite of contempt is compassion. How could you have shown compassion for that person?

B. FEAR

Most people do not know that contempt is produced by fear: fear that things won't turn out as you want them to, fear of being put down, fear of aloneness, rejection or abandonment. Weak people say that they are not afraid, but a strong person knows they have fears, knows what their fears are and tries to deal with them. Fear can be valuable and serves a purpose.

Are you willing to accept your fears?

What do you fear that makes you want to control others?

C. INDIFFERENCE – This is when you just don't care. Sometimes people treat other people badly, because they choose not to care or think about the other person, in order to get what they want.

You may care about some people or animals very much. Whose feelings do you care a lot about? (friend, pet, brother, sister, mother, father, relative)

Would you want somebody to treat that person the way you treated this person in the situation for which you got in trouble?

How would you feel if the person you care about was treated that way?

D. CONTROL

Many people use anger or fear to try to control others and get them to do what they want. But you can only really control three things:

1. Your own thoughts
2. What you move toward
3. What you move away from

In the incident for which you got in trouble, were you trying to control somebody else or make them do something?

How could you have controlled or changed your own thoughts?

What should you have moved toward?

What should you have moved away from?

VIII. FUTURE CONSEQUENCES FOR YOU

The future for people with behavior like yours (if you do not choose to change) is NOT good. IF bullies don't learn how to change their thinking when they are young, they usually are still bullies when they are old. Bullying becomes a habit.

What do you want your future to be like?

There are several important things you can do to control what you will do to get what you want. The first is to think about consequences

Experts have studied bullies. Children in grades 6-9 were asked to name bullies. Then the kids who were named were studied when they were age 24. They were four times as likely to have serious criminal histories. If a person keeps getting criminal convictions, they will end up in jail.

Do you want to end up in jail?

Studies show that bullies who do not change their thinking are more likely to:

Be alcoholics	Abuse their spouse or children
End up in jail	Have fewer friends
Be unemployed	Work at a job below their skill level

Which of the things in the list above do you want for your future?

Research has shown that even though young bullies may seem popular, as they get older they have fewer and fewer friends. In the beginning, some children may have looked up to you because you seemed powerful. As time goes by, if you continue to bully you will lose popularity.

Do you want people to hang out with you because they want to be with you or because they're afraid not to?

Do you want people to respect you out of fear or out of trust?

How are you preparing yourself for the next situation in which you might be tempted to bully someone?

Do you feel more powerful, the more upset you make a person?

If anyone pushes some people's triggers they can get that person upset very easily and quickly. Anybody can get some people upset. It does not take a strong or powerful person to do it.

IX. IMMEDIATE CONSEQUENCES FOR YOU

In the incident for which you got into trouble, how much control did you feel you had over yourself?

What consequences have been ordered so far? Next to each one that applies, place either a **P** if your parents ordered this, a **S** if the school ordered it, or a **C** if the Court ordered it:

_____ give up something you like, if so what?		
_____ suspended	_____ serious talk	_____ apology letter
_____ time out	_____ curfew	_____ do this workbook
_____ expelled	_____ probation	_____ apologize in person
_____ grounded	_____ write report	_____ pay restitution
_____ counseling	_____ free work	_____ fix something I broke
_____ boot camp	_____ jail	
_____ other	_____	

Which consequences have you been warned will happen to you if you are caught for the same type of actions again?

Do you believe this will really happen, if you do it again? _____yes _____no

X. FUTURE CONSEQUENCES FOR TARGETS

Research shows that the effects of bullying can last a lifetime or cost a life. Even when they grow up, targets of bullying are more likely to have:

low self-esteem
depression
poor health

In some cases, bullying actions that may seem like no big deal to you, may lead a target to commit:

Suicide, or
Murder

Is that what you want?

XI. GRATITUDE OR ENTITLEMENT

Where do you find yourself feeling most thankful?

What kinds of things make you feel gratitude (thankful) toward a person?

- _____ When someone gives me things or money
- _____ When someone chooses to spend time with me
- _____ When someone makes me laugh
- _____ When someone compliments me
- _____ When someone treats me with respect
- _____ When I have a good time with someone
- _____ When someone trusts me
- _____ When someone is afraid of me

Is there anything special you feel you are entitled to that others are not?

What person are you most thankful to in your life?

- _____ A friend
 - _____ A brother or sister
 - _____ My Mom or Dad
 - _____ Another family member
 - _____ another adult
 - _____ another kid
-

How do you show it?

XII. POWER

The truly powerful person is the person who has power over his own thinking. They accept the challenge of controlling themselves and they choose to care about other people's feelings. You can treat this like a game, which you win if you can control your thoughts in a way that keeps you from bullying. In the end, you lose if you do not control yourself and learn to stop bullying. If you are in a similar situation again, how can you handle it differently?

What will you commit to do differently next time you are tempted to bully someone?

I will do whatever it takes to:

Signature of Student

Signature of Parent

:sas